

## Conferences

### CAMSTRAND 2016

#### Warwick University 8th – 9th June

This annual conference provides a forum for researchers with a range of experience as well as health professionals and practitioners/students with an interest in complementary medicine research, to share their work and knowledge amongst like minded people.

#### Pre-conference workshop – The Application of qualitative methods in CAM

The workshop on 8th June will be facilitated by Dr Nicola Gale of the University of Birmingham. Nicola specialises in qualitative research methods and her expertise is in patient experience of illness, use of complementary therapies and public involvement in health care.

#### CAMSTRAND Conference

The Conference Chair is Professor Sarah Stewart-Brown, Chair of Public Health, Warwick Medical School. Key note speakers include Dr Nicola Gale who is a health sociologist and Dr Charlotte Paterson Honorary Senior Research Fellow at University of Bristol, an experienced general practitioner and a practitioner of acupuncture and Chinese medicine. Dr Patterson is also the person responsible for developing the MYMOP evaluation tool. Oral and poster presentations will follow.

For further information and booking see:  
[CAMSTRAND 2016 booking details](#)

### College of Medicine Conference Food – the forgotten medicine on 9th June 2016

The College of Medicine is holding its conference 'Food – the forgotten medicine' on Thursday 9th June at the Royal Society of Medicine in London.

The conference will be chaired by **Dr Phil Hammond** and include a wide range of international speakers including:

- well known US medical doctor and educator, and holistic health advocate **Dr Andrew Weil**
- **Professor Bharat Aggarwal**  
Professor of Cancer Medicine (Biochemistry) at MD Anderson Cancer Center, University of Texas
- **Dame Sally Davies**  
UK's Chief Medical Officer
- **Duncan Selbie**  
Head of Public Health England.

**Tickets cost: £100 for members  
£150 for non-members**

To register and for further details visit:  
[Food - the forgotten medicine](#)

## Publicise yourself with CNHC materials

If you are CNHC registered make sure you use our downloadable resources from [MyCNHC](#).

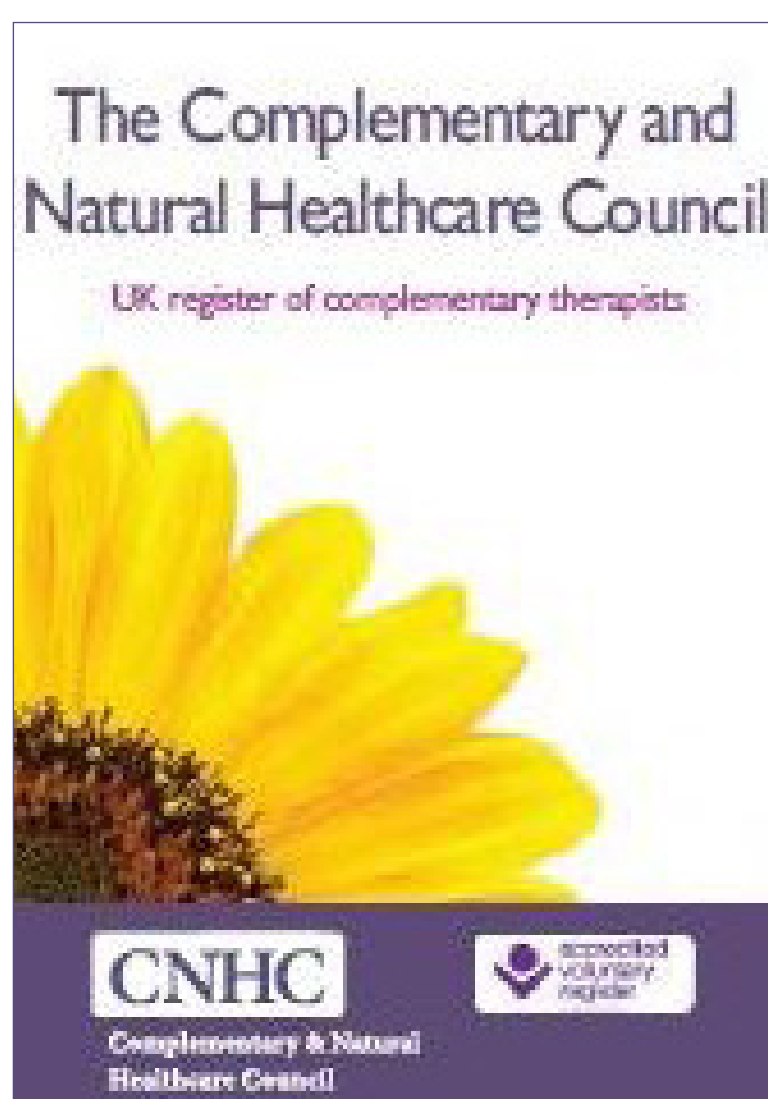
Here are just some of the tools and resources you can find there:

- CNHC leaflets you can personalise with your own details
- CNHC appointment cards you can personalise with your own details.

### CNHC Appointment Card



### CNHC Leaflet



### You can also download your CNHC registration certificate



**For full details about MyCNHC and CNHC Resources go to the 'Current Registrants' page on our website or click here:**  
[MyCNHC information](#)

## CNHC registrants in Holistic Business Awards bonanza!

Back in July 2015 we let readers know that nominations for the first Holistic Business Awards were open. We are therefore delighted to see how many CNHC registrants were amongst the winners and runners-up.

CNHC registrants won two of the five awards and were runners-up in both categories. Here we feature two of the winners and one runner-up.

### Inspiration Award 2015 – Angela Wells



Angela Wells

CNHC registered aromatherapist Angela Wells won the Inspiration Award for her incredible journey from dealing with depression, anorexia and homelessness to running her aromatherapy service, 'Hope's Garden'.

Angela's story began in Edinburgh where she studied aromatherapy to degree level. During a period of depression and anorexia she turned to the Methodist church for support. She talked to the Minister about her degree and how circumstances had prevented her from practising.

When the Church began a small business incubator project called The Dream Factory they invited her to take part as a pilot and she jumped at the chance to start her aromatherapy practice.

However, just before the business was due to open, Angela found herself homeless. She commented: *"All the positivity I had felt vanished with the devastating news that I was to lose my home. I was placed in a homeless hostel and was ready to give up. However, I was helped through that and Hope's Garden was born! For the first year, the business was run whilst I was in the hostel and I was supported by the hostel staff, my friends and family and the Methodist church. Hope's Garden became my life-line; one of the reasons I got up every day and kept going."*

Over time Angela developed a plan to work with agencies supporting vulnerable people and she came up with the idea of Gifted Treatments: *"People essentially buy a massage (at a reduced cost of only £15) which is then distributed by either myself or the church minister to a person who couldn't otherwise afford it: the massage version of a suspended coffee, which I believe to be one of the first of its kind! Beneficiaries of the treatments have included homeless women, those in difficult family situations and those recovering from drug addiction."*

Of the Award Angela says: *"I never thought something like that could happen to someone like me. Never would I have believed that it could happen, but it did. Dreams do come true. My friends, family, church and my wonderful clients have been so supportive and have held me in love and care. Wrapped me up and said 'you can do this'."*

Angela says she's learned so much and has these words of inspiration for others: *"No matter what, you are important. Your dreams matter. Your life matters. Believe in yourself; you deserve to go for it. Most of all, I want to say to people who are struggling that they deserve to be happy and that they are loved. In the times of darkness in our lives, always remember that the light will shine again."*

### Best Training School 2015 – Sue Lincoln (Winner)



Sue Lincoln

Sue Lincoln runs the Therapy Training Centre in Yorkshire. She set the school up after discovering a lack of suitable professional training in massage, aromatherapy, reflexology and related anatomy, physiology and pathology in the local area.

Sue says: *"The School specialises in small friendly classes which ensure individual attention and expert tuition. All Diploma courses are fully accredited and insurable and graduates can register with the Complementary and Natural Healthcare Council (CNHC). Over the last 14 years I have steadily developed 34 short courses for qualified therapists so that therapists can develop to their full potential and meet the CPD obligations which are set by their professional bodies and CNHC."*

Of her Award Sue commented: *"I think the judges chose my school because what I offer is quite unique. I do not know of any other school which is run single handed and offers such an interesting and diverse number of CPD courses run to such a high standard. Also the quality of my teaching, highly specialised content of my courses and the students experience is more important to me than profits. The small and intimate classes allows for differentiation and a very focused, intense learning experience."*

*"Winning the award is confirmation that all my hard work over the last decade and a half has been recognised."*

### Best Training School 2015 – Jenny Holcombe (Second Place)



Jenny Holcombe

CNHC registered Bowen Therapist Jenny Holcombe collected second prize on behalf of the European College of Bowen Studies (now the College of Bowen Studies). Jenny's first career was as Head of Human Resources in a residential children's home for children with extreme challenging behaviour. This left her feeling overworked and stressed so she changed direction, gaining a diploma in holistic therapies and going on to study with the College as a Bowen Therapist. Jenny was so impressed with her experiences that she went on to become a tutor at the College herself.

Jenny commented: *"It was a great honour for myself and the College to come 2nd. We are all very proud."*

Of her CNHC registration Jenny says: *"I fully support the work of CNHC, I registered as soon as it was set up. As I work full-time as a therapist I constantly advise people to always look for the CNHC quality mark which confirms standards and insurance are in place."*

### Other CNHC registrants receiving awards include:

- Best Training School 2015 – **Mark Peters** (3rd place)
- Inspiration Award 2015 – **Zoe Warner** (2nd Place)

Nominations for the 2016 Holistic Business Awards open on 29th April 2016.

You can find out more about the Awards here:

<http://www.holistictherapistmagazine.com/holistic-therapist-awards-2015/>

## The Research Council for Complementary Medicine (RCCM) seeks new Trustees

The RCCM was founded in 1983 to develop and promote good quality research into complementary medicine and to enhance evidence based medicine in this area. The RCCM is now seeking new Trustees.

Professor Nicky Robinson, RCCM chair said: *"We need to look to the future to ensure complementary medicine research is seen positively. RCCM is proud of what it has achieved, with its conferences / workshops, CAMRN e news and CAMSTRAND conference. We are in a good financial position and have successfully refreshed our website and brand. We now need new trustees to support RCCM's professional development"*

Previous trustee experience is not essential and being a trustee offers an excellent opportunity to enhance your career. RCCM is looking for a least two candidates, one of which could offer leadership in the future. Please note - the RCCM is a charity and there is no remuneration. There are 6-8 (2-3 hour) meetings a year.

Please contact Nicky Robinson more details [nicky.robinson@lsbu.ac.uk](mailto:nicky.robinson@lsbu.ac.uk)

## CNHC PSB elections – next round begins soon

As set out in our [February 2016 CNHC newsletter](#) the next round of elections for membership of CNHC Profession Specific Boards (PSB) begins in April with elections for the Massage Therapy and Nutritional Therapy PSBs.

You can see full details of these PSB elections here: [PSB election timetable](#)

### Job and volunteer roles

Make sure you check our Facebook page, Twitter feed and website for news updates plus details of job and volunteer roles for CNHC registered practitioners.



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### Contact CNHC:

Email [info@cnhc.org.uk](mailto:info@cnhc.org.uk)  
or call on 020 3668 0406

To view CNHC's website,  
[click here.](#)

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Company name: The Complementary and Natural  
Healthcare Council Place of registration:  
Companies House Registered number: 6643004